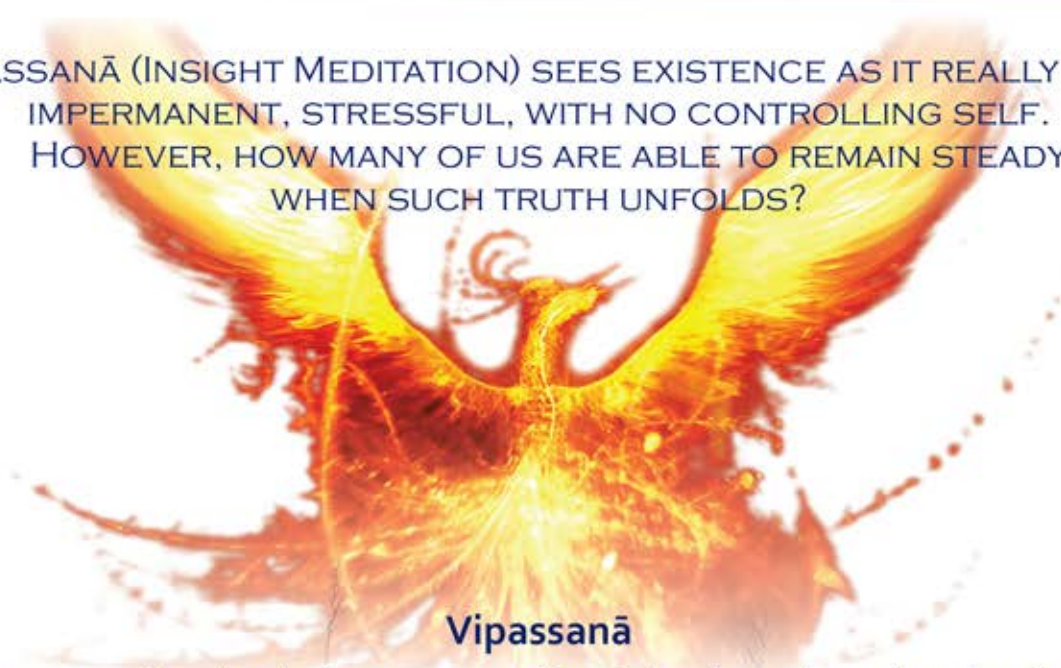


VIPASSANĀ (INSIGHT MEDITATION) SEES EXISTENCE AS IT REALLY IS AS IMPERMANENT, STRESSFUL, WITH NO CONTROLLING SELF. HOWEVER, HOW MANY OF US ARE ABLE TO REMAIN STEADY WHEN SUCH TRUTH UNFOLDS?



Vipassanā

After repeatedly seeing the impermanence of one's thoughts and emotions, the mind may start to resist the truth it's witnessing, as it goes against our cherished belief in security, pleasure, happiness and permanence.

The resistance is even greater when we realize that we have not the slightest control over what is happening at this moment. Our whole being (existence) is an ongoing process of causal relationships—a constant reaction to randomly arising thoughts.

Are the thoughts real? When one grasps a thought as "myself" or "mine," it becomes real. Otherwise, it is unreal.

Following the thought without realizing it is illusory is likened to a mad man running here and there aimlessly. Or like a wandering spirit roaming here and there, finding no eternal home (self) in which to settle down.

Life is sustained by clinging to a "permanent self." It is unpleasant when we realize the opposite, as this is not the way we are used to living.

To ease this spiritual upheaval requires total acceptance. Surrender to the truth.

Let the "self" die in order to be reborn. You experience greater happiness when there is no self to cling to.

